

# **Quatrefolic®** Online

2<sup>nd</sup> issue  
3<sup>th</sup> quarter


Since its introduction in 2011, Quatrefolic® has become the folate of reference for the nutritional industry of the USA, with increasing numbers of consumer products being introduced and a growing mainstream brand awareness.

But what is the status of use of Quatrefolic® in Europe and the rest of the world?

In early 2015 Quatrefolic® was approved for use in Europe under the Novel Food Authorization Guidelines and since then it has been introduced in several dietary supplements in countries throughout the EU and is the subject of additional projects and products for future introduction. As for its acceptance in Eastern countries, consumer supplement brands are expressing the same level of excitement and interest with new product applications to be introduced in a very short time.

Silvia Pisoni  
Marketing Manager



  
**Stay tuned!**

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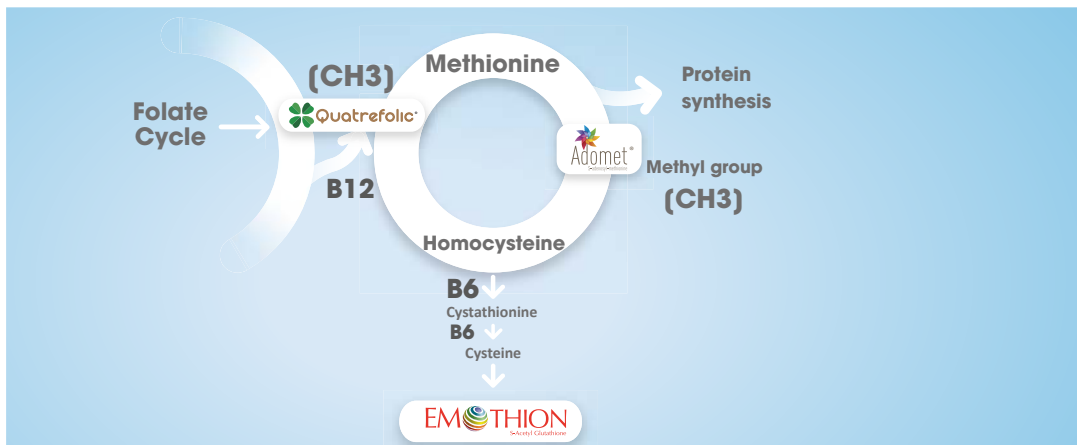
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## Hyperhomocysteinemia: still we have to fear it?

Hyperhomocysteinemia has been shown to play a crucial role in determining a person's overall health and potential longevity. It is recognized as a predictor of potential health problems such as cardiovascular disease, neuropsychiatric and neurodegenerative disorders.

Important research published by Nutrition Research in 2015 has shown that a cyclic schedule (1 month of therapy followed by 2 months of withdrawal) of 5-methyltetrahydrofolate (5-MTHF) would reduce plasma levels of fasting total homocysteine (Hcy) in patients with mild/moderate HCY.

Not only does this excerpt from the published research show the impact of 5-MTHF on the condition, but the paper also reinforces the knowledge about the significantly more potent effect of L-5-MTHF than folic acid itself in lowering HCY.



(Ambrosino P. et al., Cyclic supplementation of 5-MTHF is effective for the correction of hyperhomocysteinemia. Nutr Res. 2015 Jun;35(6):489-95.)


**Quatrefolic®**

Next events:




Palexpo, Geneva, Switzerland  
May 10 - 12, 2016  
Visit us at booth #L31



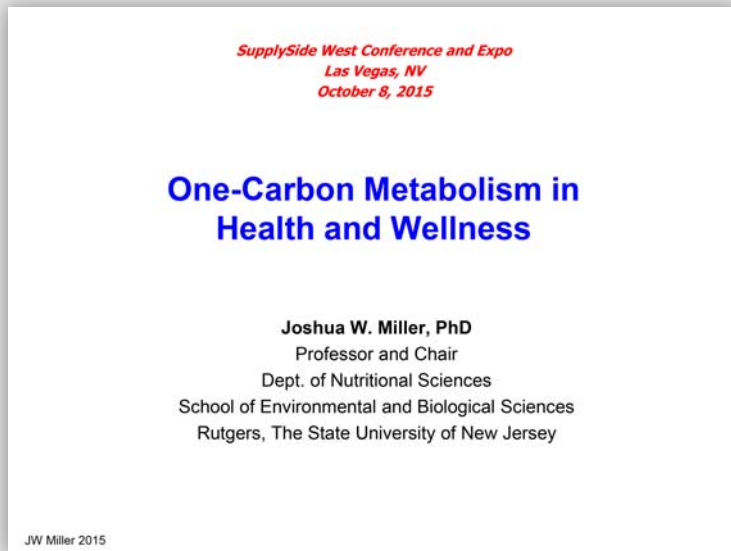


SNIEC, Shanghai, China  
June 21 - 23, 2016  
Visit us at booth #E7D26

# VendorBrief Presentations



Thanks to everyone who attended the **SupplySide VendorBrief Presentations** in Las Vegas where Gnosis was the sponsor of a presentation by Joshua W. Miller, Professor and Chair of the Department of Nutritional Sciences at Rutgers, The State University of New Jersey.



## IT WAS A GREAT SUCCESS...

Prof. Millers subject was titled "**One Carbon Metabolism in health and wellness**", and discussed in-depth the critical biochemical reactions that involve the transfer of one carbon methyl groups and the research in nutrition regarding the role of those processes in sustaining human life. The speech highlighted one of the key advantage of Quatrefolic®, its ability to efficiently normalize the folate status of all potential subjects including those who may have impaired folate metabolism, without aiding to UMFA.

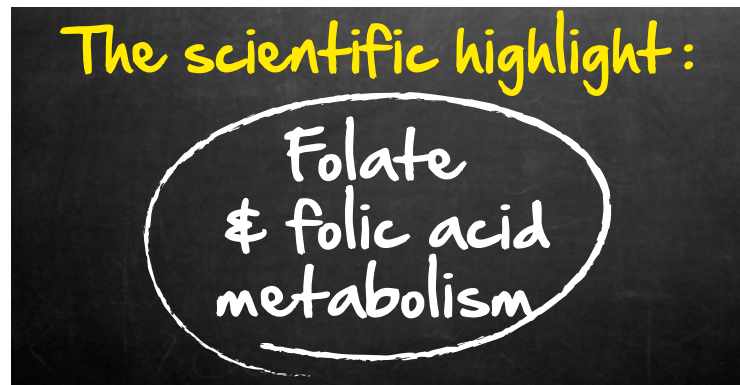
The presentation attracted an audience of nutrition experts and decision makers who used the forum to learn, discuss and exchange ideas about one of the most important fields of recent and future research.

We look forward to seeing you at the next learning conference Folate World in 2016... Until then please ask us for the in-depth information about Quatrefolic® in our new **WHITE PAPER**.

To request a copy, please contact:  
marketing@gnosis-bio.com



White Paper



## Important Breakthrough Folate in Autism spectrum disorders (ASD)<sup>(1,2)</sup>

Autism spectrum disorders (ASD) consist in a range of neurodevelopmental conditions that share common features with autism, such as impairments in communication and social interaction, repetitive behaviors, stereotypies, and a limited repertoire of interests and activities.

Many children with autism have MTHFR-related genetic variations. As a matter of fact **several studies have documented the presence of a polymorphism in the gene encoding methylenetetrahydrofolate reductase (MTHFR) — essential for the metabolism of vitamin B9 (folate) — which almost doubles the chance of autism spectrum disorders (ASD).** The data provide further genetic evidence for a link between folate and autism.

**Overall, the data show an increased risk of autism spectrum disorders (ASD) associated with common mutations affecting the folate/methylation cycle.**

Several evidences highlight the advantages of the supplementation of reduced folate (such as Quatrefolic®) vs folic acid.

Quatrefolic® is the glucosamine salt of (6S)-5-methyltetrahydrofolate and is structurally analogous to the reduced and active form of folic acid, so Quatrefolic® completely bypasses the "damaged" MTHFR conversion step and delivers a "finished" folate the body can immediately use.

Quatrefolic® provides the activated kind of folate that is preferred by the body for absorption into cells and use in the brain. Nutritional supplements with activated folate 5-MTHF are useful for people on the Autism spectrum.

1. Meguid et al. Evaluation of MTHFR Genetic Polymorphism as a Risk Factor in Egyptian Autistic Children and Mothers. J Psychiatry 2015
2. Sener et al. MTHFR Gene C677T Polymorphism in Autism Spectrum Disorders. Genetics Research International 2014



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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